VIOLET RAY INSTRUCTION BOOK

STERLING CORPORATION CLEVELAND, O. U.S.A.

STERLING VIOLET RAY INSTRUCTION BOOK

Complete with

Charts, Diagrams and Directions for the Treatment of all Ailments Amenable to the Sterling Violet Ray Generators

Compiled by

The Originator and Inventor of the Solid Coil Sparkless Type High Frequency Generator

Price $1.00

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CLARENCE E. EDSON & ASSOCIATES
Concessionaires
Sterling Electrical Specialties

ORIGINAL AND IMPROVED DESIGNS IN ELECTRICAL CREATIONS FOR THE PROFESSION AND HOME

EQUIPMENTS FOR HOSPITALS AND LABORATORIES MADE SPECIAL ON ORDER

1276 WEST 3RD ST.
CLEVELAND, O.
U. S. A.

AGENCIES IN LEADING AMERICAN AND FOREIGN CITIES

INTRODUCTION

IN offering you the practical benefits of the Violet Ray we would suggest that you do not expect too much. With any form of treatment patience and persistence are necessary. From experience you will learn and become more and more competent in the application of the Violet Ray.

Its efficiency may often be greatly increased by a trained operator or qualified physician.

Sometimes cases are serious enough to warrant consulting a physician and applying the treatment under his directions. Your family doctor should know the benefits and value in the Violet Ray and help you realize them.

The specific treatments for some diseases are not given in this book although favorable reports have been made on them as we prefer to err on the side of conservatism than be carried away by our enthusiasm.

Persist—study your case. Is your diet and living proper? Never give up.

In the correct use of the Sterling Violet Ray there is absolutely no danger—no more than from a mild sun bath on a beautiful summer day.

OPERATING INSTRUCTIONS—TYPE "A"

The operation of Sterling Violet Ray Generators is very simple and easy to understand.

So far we feel safe to state that Sterling Generators are the most simple, strongest, lightest and best constructed ever made.

Sterling Generators can be operated by any one and with the assurance that they are absolutely safe. The current may be either A. C. or D. C. but must not be more than 40 volts above or below that stamped on the Generator. To use proceed as follows:

First:—Take Generator from the carrying case. You will find two cords of different lengths attached to it, the shorter one having an attachment plug at the extreme end.

Second:—Remove the electric light bulb from its socket and connect the plug in place of bulb. Once you have done this insert whatever Applicator you intend to use into the handle as far as it will go.

Third:—Turn on the current in just the same way as when you turn on the light.

The Generator should start "buzzing" at once. Should it not do so turn the knurled adjusting knob—toward "W" (Weaker)—two or three turns. If after this the Generator does not start turn the knurled knob slowly toward "S," until the Generator starts "buzzing"

IT SOMETIMES HAPPENS THAT WHILE THE CURRENT IS SHUT OFF AT YOUR LAMP SOCKET, SOMEONE TURNS THE ADJUSTING KNOB TOWARDS "S" (STRONGER)—NEVER SUSPECTING THAT BY TURNING THE ADJUSTING KNOB TO THE RIGHT, CLOSE TO OR AS FAR AS IT WILL GO, THE CURRENT IS BRIDGED FROM ONE WIRE OF THE LINE TO THE OTHER WIRE WITHOUT PASSING THROUGH THE HANDLE WHERE THE HIGH FREQUENCY AND VIOLET RAY IS PRODUCED AND LET INTO THE GLASS APPLICATOR.

WERE YOU TO LEAVE THE CURRENT BRIDGED IN THIS WAY FOR A FEW MINUTES THE ELECTRICITY WOULD BE CHANGED INTO HEAT AND RUIN THE INSULATION IN THE GENERATOR.

When the knob is turned toward "W" (Weaker)—it simply turns off the current, stopping the Generator's "buzzing" but doing no harm.

Fourth:—The adjusting knob should never be turned while the current is off, as you cannot then know when to stop turning. By regulating the strength of the current in the Applicator while the Generator is working or "buzzing" you can easily judge when to stop turning, the more you turn toward "W" the weaker the current, while the more you turn the adjusting knob toward "S" the stronger the current.

Tests for strength may be made by trying the glass Applicator against the palm of the hand.

When the strength is suitable proceed with the treatment as specified in the Instruction Book.

After you become accustomed to the Generator you can quickly tell by the volume of light and the sound just how strong the force is.

The Generator leaves our laboratories so adjusted that to produce a dangerous current is the nearest thing to impossible.

When through always turn off the current at the lamp socket and it is also safest and best to detach the Generator cord entirely at the lamp socket.

Sterling Violet Ray Generators are adapted for universal use. They work as well with Direct as with Alternating current—and operate at any voltage. The Generators made to operate at 110 volts can be operated at any voltage from 90 to 150 volts and those marked 220 volts will operate at voltages of from 150 to 250 volts. When Generators to operate at a higher voltage are desired we are prepared to make them on short notice. The same is true if the Generators are desired to operate at voltages anywhere from 30 to 100 volts.

TYPE "C" OPERATING INSTRUCTIONS ARE IN GENERAL THE SAME AS FOR TYPE "A."

CARE OF GENERATOR—TYPE "A"

Each Sterling Violet Ray and High Frequency Generator leaves our laboratories in perfect condition and properly adjusted and when treated with just ordinary care and used as directed should last indefinitely. Nevertheless once in a great while it may happen that the cord breaks just as it enters the handle and sometimes it breaks where it enters the generator box. To repair this without returning Generator to us—simply proceed as follows:

While the Generator is running hold handle in one hand with Applicator inserted and with other hand move cord, a few inches from handle, sideways—up and down and twist. While so doing if cord is broken near handle, the broken part will momentarily and irregularly come in contact and light the Applicator while Generator will work normally. Once this is done one knows at which end the cord is broken. If it happens to be at entrance of handle—unscrew handle cap and after disconnecting cord from the coil inside of rubber handle—taking care and observing how this is connected, cut off where cord is broken and uncoil the two wires as you had previously found them—connecting same as before. If cord happens to be broken as it enters Generator box, then proceed as follows:

Turn adjusting knob towards "W" until the adjusting knob becomes detached from the wire spiral or spring. Once this is done, with a narrow screw driver unscrew and take out the five little screws to be seen around the face of the Generator box. After these five screws are removed the front cover is easily removed also and the two connectors to which the wires or cord connect are plainly seen. With same small narrow screw driver do not remove but loosen these two screws—one in each post—and remove cord by pulling or unscrewing it from hole at side of Generator box where it enters. Then cut off two or three inches of cord as directed above, and connect same as you found cord connected. To mark wires is unnecessary as the Sterling Generator is so constructed that as long as the two wires—one in each post—are connected, it is immaterial which wire goes to either post—simply connect one wire to each post and tighten screws as found. After this is done replace front cover and screws and screw adjusting knob in place—never forgetting to insert brass part of knob into spiral wire spring before screwing it into place. This spring is very important and should never be omitted. Now the Generator is ready to be attached to lamp socket again and current turned on—turn adjusting knob toward "S" until Generator starts "buzzing."

Should it happen while using Generator only a very weak and faint glow of current is obtained at Applicator even while using the intensifier—or surface Ap-

plicator—it may be caused thru a damage or puncture to the High Tension Coil which is found inside the rubber handle. This seldom or never happens and is only mentioned as a precaution so that the owner of a Sterling Generator will not ship the entire Generator to us for repairs. In this case all that is required is to send us the High Tension Coil alone. Remove this from handle as above directed, mail same to us and we will replace it without delay.

"BABY" VIOLET INSTRUCTIONS

This Instruction Book, which also accompanies each Sterling "Baby" Violet Ray Generator, contains the complete and regular directions for handling and using our larger size—Type "A" or "C" Violet Ray Generator.

The same treatments may be followed with confidence in using the Sterling "Baby" Violet Ray Generator but as the smaller machine does not have the same volume of current as the larger machines the results may not be quite as prompt.

The "Baby" Violet is a one-piece machine weighing but twenty ounces, all of it being self-contained in the handle. It is therefore slightly simpler to use than the two-piece "A" or "C" designs but is not quite as sturdy or as well designed for deep-seated ailments.

The Operating instructions are similar to those of Type "A" as well as its care.

In regulating the current turning the adjusting knob to the right increases the strength and to the left decreases it.

REMEMBER—one thing—which is VERY IMPORTANT—never turn the current off to the right and leave it off as this "bridges" it and will quickly burn out and ruin the machine.

CARE OF GLASS APPLICATORS

The Sterling Applicators are made from the best grade of glass obtainable for the intended purpose. Some are plain vacuum and others are insulated, which prevents the rays emerging except near the end. Each glass Applicator is hand made one at a time and before leaving our glass department each one is tested. If found defective they are immediately rejected. While the glass used is of the highest quality this does not infer that Applicators are unbreakable. They will never break under ordinary care but every Applicator particularly the Intensifier and the surface White Ray and Violet Ray Applicators will sometimes give out and not light. This is caused by the current punching thru the glass invisible tiny holes by which the surrounding air enters the Applicators, thus rendering them useless. While this seldom occurs we cannot guarantee any glass Applicator—some will last months and years, others become defective thru punctures within a few days or weeks of use.

Never place a glass Applicator while warm or immediately after removing it from the Generator handle upon glass topped or marble tables nor wooden stands as the rapid variation of temperature is liable to crack or injure the Applicator.

When removing Applicator from handle of Generator immediately after use it is better to place the glass Applicator upon towel or cotton cloth or anything that is not of a contrasting degree lower than temperature of Applicator, or place it back in carrying case.

Always wash Applicators in hot water before and after use, especially in infectious cases.

The current itself is a strong antiseptic and germicide and will destroy any microbe that comes in contact with it, but the Applicators should be washed for the sake of cleanliness.

HOW TO USE APPLICATORS Nos. 0 - 00 -2

Whenever a strong current is used through these Applicators a sparking sensation is felt while bringing it in contact with the skin. By carrying out the following instructions you will avoid all the unpleasantness of the sparking.

After the generator is attached to the circuit and in working order and the Applicator is inserted in the handle, then place the thumb and forefinger against the Applicator near the handle and apply to the skin quickly. After the skin comes in contact with the Applicator, remove the thumb and forefinger. Whenever the Applicator is to be removed from contact with the skin, repeat the operation, that is, place the fingers as formerly.

When extremely strong current is used, as recommended for certain ailments, the patient is to place his or her hand about the bulb of the Applicator while holding the rubber handle with the other and then apply Applicator to the skin where desired, keeping the hand on constantly, or removing if the current is tolerable. In this case, part of the current goes through the arm and part through the place where the Applicator comes in contact with the skin, thus relieving the high pressure concentrated in a small area. Nevertheless, the body receives all the current.

For certain ailments, as will be found under the different headings in this book, it will be better to stand the current as per directions given.

HOW TO USE METAL SATURATOR NO. 13

General Tonic Treatment—General Electrification

First turn on the current, then hold the metal Saturator in one hand and the rubber handle in the other. Insert the Saturator into the handle while the generator is working, keeping hold of the Saturator until treatment is over, then pull the Saturator from the handle. This being done, turn off the current at the socket. Never remove the hand from the Saturator while the current is on unless it is done very quickly, otherwise an unpleasant sparking is caused, although not injurious.

DON'TS

Don't oil the Generator nor any of its parts.

Don't fail to read our guarantee, front and back.

Don't permit the Generator to run when not in actual use and when no Applicator is in the handle, as the High Frequency current, if generated and not taken away from the coil inside of the rubber handle, produces heat and, while great harm is not done, it never does any good.

Don't turn the adjusting knob when the Generator is not actually working because if turned too much towards left or right the Generator may not start at once when next attached to the lamp socket and the current is turned on.

Don't forget that the Sterling High Frequency and Violet Ray Generators, in some respects, resemble an expensive well made watch, they will last a life time and keep in good working order when properly treated.

Never come in contact with any metal or with cord of Generator when taking treatment. The body is then saturated with electricity and if in close proximity of any conductor—the current will jump from the body to the conductor and while no danger can come from this it is unpleasant. Remember that the cord of the Sterling Generator never leaks. If while using the Intensifier or the metal Saturator, or the Violet or White Ray surface Applicators, you come in contact with the cord a spark with slight shock may be felt. It is because the body is so charged that the current is endeavoring to leak from body and escape, whereupon the current passes from body to cord BUT NEVER FROM CORD TO BODY.

Don't tamper with your machine or allow anyone else to do so. Don't go beyond the cover otherwise you will ruin the machine and our responsibility ceases. For repairs consult us.

TREATING INSTRUCTIONS
AS A BEAUTIFIER—FACE MASSAGE

Use either Applicator No. 00 or 0 from 5 to 8 minutes, passing Applicator all over face and neck, rubbing from under chin upwards and towards back of head, and from under chin downwards, always keeping Applicator firmly against the skin. Treat once daily or every other day.

UNDERDEVELOPMENT

Treat all over breast with Applicator No. 00, using a mild current, from 5 to 6 minutes to each breast once daily.

While treating, press gently, always keeping good contact between the skin and Applicator, also pass Applicator in a circular motion and not up and down, or sidewise.

FLABBY BREAST

Treat the breast, particularly about the nipple, with Applicator No. 00 from 10 to 12 minutes to each breast, using a fairly strong current and always making good contact with Applicator.

Treat once daily.

HAIR AND SCALP

For diseases of the scalp either the rake or straight Comb Applicators No. 4 or 5 are extremely useful and if the Violet Ray thru one of these Applicators is used at least once every other day from 5 to 10 minutes, the user will perhaps never again complain of falling or brittle hair nor of Dandruff.

The benefit of massaging the scalp is very marked. It strengthens the scalp tissues thereby preventing falling of the hair. A good way of strengthening the scalp and giving healthy hair growth is by holding the Saturator Applicator No. 13, with one or both hands and using mild current while a second person massages the scalp, vigorously rubbing the scalp with a semi-circular motion, using the tips of the fingers. If the person has never been treated this way or a long time has elapsed since the last treatment the scalp may pain somewhat or a form of headache may be felt for the first few treatments, but this will gradually disappear as the scalp becomes accustomed to it, which is generally within eight or ten treatments. This little discomfort will be found well worth while as once the scalp becomes strengthened one can easily stand a strong pull on the hair without the least pain.

People with blonde and brunette hair require different treatment. Those who are blonde or light complexioned require shorter applications to obtain equal results.

DANDRUFF

The High Frequency and Violet Ray will not take Dandruff away from the hair unless the hair is very short. It simply removes the Dandruff from the skin or scalp, leaving it mingled loosely with the hair.

Experience has taught us the following:

Certain people, especially women, after using the Violet Ray for a number of times have found that they had more Dandruff than when they began the treatment. Of course this was a mistake on their part and they were convinced after they had followed the suggestion here offered, which we hope will also convince the reader of this booklet, what the Violet Ray did was to remove all Dandruff from the scalp and clean the skin from any foreign matter, leaving Dandruff loose on the head and free in the hair.

The Dandruff should be removed from the hair with a fine comb or by brushing after each treatment.

Use Comb Applicator No. 4 or 5 with a medium current strength from 6 to 8 minutes daily.

NOTE.—Do not apply the Violet Ray to the hair immediately after using any preparation containing 40% or more of alcohol as this is inflammatory.

FALLING HAIR

For falling hair there are few things, if any, as beneficial as the High Frequency, either the White or Violet Ray.

For some people the White Ray is better than the Violet, for others the contrary is the case.

High Frequency will not stop falling hair with one treatment, but when faithfully used for a length of time, the results will many times repay the trouble.

Comb the hair with either Comb Applicator No. 4 or 5, from 5 to 10 minutes every day, and after a month the results will speak for what the High Frequency can accomplish.

BARBER'S ITCH

Treat with Applicator No. 00, using a rather strong current, keeping Applicator about one-eighth inch from the skin.

Treatment should last from 1½ to 2 minutes twice daily for three or four days, after which, if necessary, once daily or every other day.

ITCHING SCALP

Use either Applicator No. 4 or 5, from 10 to 15 minutes. Treat all over head area, using a medium strong current.

BLACKHEADS AND PIMPLES

First treat with surface Applicator No. 00 over the part where the blackheads or pimples are located for from 3 to 4 minutes, using a fairly strong current. After this use any of the pointed Applicators as for instance the Nasal No. 10 with the same strength of current as before, throw a spark to the blackhead or pimple, keeping the Applicator from one-eighth to a quarter of an inch away from the skin, letting the spark jump across.

The treatment for each pimple or blackhead should last from 5 to 10 seconds.

ERUPTIONS

Eruptions of the skin are common and the majority of cases are due to carelessness and negligence of the proper hygienic measures.

Treat from 5 to 8 minutes with intensifying Applicator No. 2, barely touching the skin, using a fairly strong current.

This treatment is also especially adapted for greasy and shiny skin except that the Applicator should in such cases make good contact with the skin.

In both cases the Applicator should be slowly and constantly moved across the skin.

WARTS AND MOLES

The proper treatment of warts is by using the Fulgeration Electrode No. 9 but they can also be successfully treated with any of the pointed glass Applicators by following same instructions as for blackheads and pimples except that the treatment should be from 35 to 45 seconds.

After each treatment a slight soreness and warmth is felt and in some cases, especially where the individual has red or light hair, a local irritation may set in. This is nothing to be alarmed about but such persons should allow three or four days between treatments.

A large wart usually requires from four to six treatments of 35 to 45 seconds each and will dry up and drop off within ten to twelve days, the remaining mark gradually disappearing within the next thirty or forty days, leaving no scar as a memory at the end of that time.

BOILS OR FURUNCLE

Treat with Applicator No. 0 which gives White Rays, use a strong current, and while keeping Applicator not less than ⅛" from the Boil or Furuncle treat the entire affected area from 7 to 9 minutes, twice daily, letting the current spark from the glass Applicator to the Boil. Should the treatment be too severe for certain places of the body use less strength or current and cut down the time accordingly.

WRINKLES—SKIN REJUVENATION

Use the Violet Ray Applicator No. 00 over the chin and cheeks, making a good contact with the skin but not pressing and rubbing always upwards from the chin and from the front of neck around to the back and then down to the shoulder.

In most cases a layer of foreign matter will be found adhering to the Applicator and it will surprise the operator to know that the supposedly clean skin really held all of this dirt and grime.

We know of nothing better to clean the pores of the skin, stimulate the surface capillaries and restore normal healthy circulation to dull, pallid, flabby skin than the High Frequency and Violet Ray either used thru the Applicator No. 00 or the Intensifier No. 2. Treatment from 5 to 7 minutes daily or every other day.

AFTER SHAVING

Practically all men suffer more or less discomfort after shaving, either from irritation of the skin or from small cuts, bruises, abrasion or pimples.

Any man will be convinced after using the Violet Ray thru Applicator No. 00 three or four times after shaving of the superiority of the Violet Ray over any cream or lotion. As a germicidal it has no equal, it seems safe to say.

The bleeding of any small cut or bruise may be stopped in ten seconds by using the Violet Ray Applicator No. 00, scarcely touching the cut but by permitting a liberal spray of current to be created between the Applicator and the skin. In other words to properly treat and stop the cut from bleeding throw the current from the Applicator directly to the cut by keeping the Applicator within a sixteenth or one-eighth of an inch from the skin. The bleeding usually stops within five or ten seconds but should the cut be of such size that the blood bursts forth again after the removal of the Applicator simply repeat the treatment for from 15 to 25 seconds, which, however, is seldom required.

Cases of sore skin caused by the razor or close shaving will be found to disappear almost immediately after a short treatment. The treatment should always be given after one has finished shaving and the skin is washed free of soap and thoroughly dried.

CARE OF THE FEET

In most cases callous growths can be banished by the steady use of the Applicator No. 00.

For blistered feet use the White Ray Applicator No. 0 every morning and evening before retiring. To apply the White Ray to its best advantage it should be used after soaking and washing the feet in hot salt water. After properly drying the feet treat while the pores of the skin are open and the skin soft. This treatment will be found most valuable and pleasing and the little trouble will be amply repaid.

GENERAL AFFLICTIONS

EAR AILMENTS

Treat with Applicator No. 11 from 10 to 12 minutes, using a mild current. Use as often as required.

When inflammation exists, treat about the ear with Applicator No. 00 from 5 to 8 minutes with mild current.

DEAFNESS

Apply a mild current thru Eye Applicator No. 7 from 5 to 6 minutes. Whenever the heat is too great remove Applicator for a few moments, then repeat. Treat mornings and evenings.

EYE AILMENTS

Apply a mild current thru Eye Applicator No. 7 from 5 to 6 minutes once daily. If both eyes are affected use the Double Eye Applicator No. 8.

When inflamed use also White Ray Applicator No. 0 over the part swollen from 3 to 5 minutes at each application.

ALCOHOLISM

As a stimulant apply with Surface Applicator 00 through 6 or 7 thicknesses of dry white cloth to the muscle masses, also up and down through center of abdomen for intervals of 3 to 4 minutes, keeping it constantly moving.

This condition is worthy of serious attention and the treatment is much more efficient when auto-condensation is an auxiliary. Therefore, we advise your consulting one capable of administering it complete.

ABSCESSES

The name abscess is given to certain circumscribed cavities containing pus.

There are many parts in our body where an abscess may manifest itself and to be frank, certain form of abscesses ought to be treated by the Dentist or Physician as the case may be. For example: An Alveolar Abscess should be handled by the Dentist, while a Fecal or Lacunar Abscess should be treated by the physician.

By using the Violet Ray, as soon as the abscess starts, its action may be stopped by applying fairly strong current through the Violet Ray Applicator, making good contact with the affected area.

Treatment:—If the Abscess is just starting to grow or manifest itself in any way use surface Applicator No. 00 which produces the Violet Ray.

If the Abscess is already in existence it is better then to treat it with the White Ray surface glass Applicator 0.

Apply the current in either case right to the part affected, making good contact. Use fairly strong current—about half the Generator's output is proper—and apply from 4 to 10 minutes daily, stopping treatment for two or three days should the affected part become too irritated.

COLD IN HEAD

Apply Violet Ray thru nose with Applicator No. 10, from 4 to 5 minutes. Also apply current about face, forehead, back of head and neck from 15 to 20 minutes morning and evening, using Applicator No. 00. The use of Ozone Inhaler described on page 28 is even more efficient.

CARBUNCLES

For the treatment of Carbuncles the Intensifying Applicator No. 2 is to be preferred, although the plain Surface Applicator No. 00 may be used to advantage.

With either Applicator strong current should be used. When Carbuncles are just starting, use the Applicator giving Violet Ray. Where Carbuncle is developed, the Applicator giving White Ray is to be preferred. The treatment should last from 10 to 12 minutes daily.

The Applicator is to be passed over the entire area affected by the Carbuncle but do not press the Applicator, merely pass over with the slightest pressure.

Never keep the Applicator motionless, move it back and forth constantly during the entire treatment.

In practice it is found that while High Frequency Violet Ray or High Frequency White Ray has proved effective in a surprisingly large number of cases, there are also some cases where the X-Ray used in conjunction with the Violet or White Ray—whichever the case may be—obtains better success.

While we also supply either X-Ray tubes of low and high vacuum or X-Ray Applicators, we feel that these tubes or Applicators are best handled only by an expert physician, or Electrotherapeutist, therefore we do not sell them to the general public.

SUN-STROKE

Use a very weak mild current applied thru Violet Ray Applicator No. 00 and apply to place affected.

Treatment to last from 8 to 10 minutes once a day.

DRUG HABITS

The treatment of Drug Habits with the High Frequency and Violet Ray is much better handled by the expert physician or Electrotherapeutist.

When the patient is suffering from morphinism or the opium habit give the following treatment:

Apply strong sparks with Intensifying Applicator No. 2 over liver and central part of the abdomen from 2 to 3 minutes at a time. Also give general electri-

fication with Saturator No. 13 for 15 minutes. The treatment for cocaine habit is quite different. Cocaine habit may be treated by most anyone who knows how to operate the Sterling Violet Ray High Frequency Generator.

Treat with Applicator No. 00, using fairly strong current and Violet Ray. Apply current to soles of feet and all over arms and legs until reddening of the skin starts to appear. Keep Applicator constantly moving.

NOSE BLEED

Reports on this condition indicate that treatment with the Violet Ray Surface Applicator No. 00 on the back of the neck and shoulders is beneficial. Treat from 6 to 8 minutes.

HEADACHES

No other form of ache is so common and universal.

Some head pains are rheumatic, some others neuralgic, or the pain may be caused by a tumor inside the head, by an abscess, by indigestion, nervous or sexual disturbances or come from other causes.

The most common form of headaches are neurasthenic, anemic, hyperemic, reflex, toxic and digestive.

In nearly every disease of the stomach, headache is a common symptom, and we may safely say that in almost every case of headache a certain degree of digestive disturbance is associated.

In many cases the stomach is the direct cause of headache.

Certain headaches resulting from causes in the digestive tract are toxic, and are caused by the fermentation of decomposed food.

Treatment:—Use the Surface Applicator No. 00 which gives the Violet Ray. Use fairly strong current and apply to seat of pain, keeping the Applicator moving all over the place affected between 5 and 7 minutes at a time.

Next use the Violet Ray Intensifying Applicator No. 2 over the stomach, also on back of neck and spine, treating area covered by Nos. 2, 3, 4 and up to No. 1, as indicated by charts on pages 26 and 27—treatment to last 4 minutes for seat of pain and 7 to 8 minutes for neck, stomach and spine.

BRUISES AND SPRAINS

Apply a mild current thru Surface Applicator No. 00 over the seat of pain or stiffness for 10 to 12 minutes daily.

RIGG'S DISEASE OF THE GUMS

Pyorrhea Alveolar is about the worst enemy our teeth have.

We invite Pyorrhea whenever the teeth are neglected.

Pyorrhea is a discharge of pus, it is a progressive necrosis of the tooth socket. Necrosis means death, therefore the proper name for Pyorrhea would better be "Tooth Destroyer or Tooth Killer."

To protect your teeth against Pyorrhea you must clean them properly with an antiseptic, keep them free from tartar and "acquire the habit"—use the Violet Ray.

Are your gums delicate, do they tend to bleed when you use the tooth brush? If they do, do not wait until tomorrow—act at once.

Treatment:—Insert Applicator No. 30 in the handle of the Sterling Violet Ray Generator, turn on the current at the lamp socket, adjust Generator to a mild current, place the "T" like end of the Applicator in good contact against your gums and move sidewise all over the upper and lower gums. Duration of treatment should be between 5 and 6 minutes.

DISEASES OF THE SKIN

GENERAL AFFLICTIONS OF THE SKIN

Treat with White Ray Applicator No. 0 over the entire area affected. Use a fairly strong current and but barely touch the skin with the Applicator.

Treatment: from 10 to 40 minutes according to space treated once daily or every other day.

ERYSIPELAS

Treat part affected with a mild current thru White Ray Applicator No. 0 from 4 to 6 minutes at a time every other day.

PELLAGRA

Judging by the character of this disease the White Ray ought to prove beneficial.

ECZEMA

Hold Violet Ray Surface Applicator No. 00 between hands and inhale the ozone generated for 3 or 4 minutes.

Then insert White Ray Applicator No. 0 into the handle and apply a mild current to parts affected, barely touching the body with the Applicator. Applicator should be kept moving and never still in one spot.

Treat from 10 to 12 minutes once daily.

POISONING

In order to treat poisoning intelligently the character of the poisoning should be known. In some cases there is nothing superior to the Violet Ray.

In poisoning we advise the prompt consulting of a physician capable of its discriminating use.

INFECTIOUS DISEASES

LAGRIPPE AND INFLUENZA

Influenza or LaGrippe is a contagious catarrhal fever, marked with extreme nervous exhaustion.

Treat thru nose with Applicator No. 10 at same time breathing in thru the nose and out thru the mouth, keeping this up for 3 or 4 minutes as often as required. Also apply a strong current over the entire chest, throat, shoulders, down the back and over shoulder blades, using Applicator No. 2 or the White Ray Applicator No. 0. This treatment should last 15 minutes once daily. (See page 28—Ozone Inhaler).

The spine may also be treated, using Applicator No. 6, which is specially made for this purpose.

TYPHOID FEVER

If the Violet Ray is used in this ailment it should be only in the hands of an Electrotherapeutist or Physician.

MALARIA

Malaria is an infectious disease of the blood. Treat with Saturator No. 13 by holding same in both hands alternately, that is, 3 or 4 minutes hold Applicator with right hand and 3 or 4 minutes hold it with the left. This treatment should last from 15 to 20 minutes twice a day.

Also apply a fairly strong current, using intensifying Applicator No. 2 or White Ray Applicator No. 0 over chest, throat, shoulders, back over shoulder blades and down to the thigh, turn patient over and continue treatment over abdomen until the starting place or chest is reached. Treatment to be given thru a thin white cloth, keeping Applicator constantly moving.

SMALL POX

Just as this infectious disease starts to break out, or before if possible, treat the entire body with the Intensifying Applicator No. 2, using a fairly strong current. Keep Applicator constantly moving and barely touching the skin.

This treatment should not last less than 35 minutes and should be given once or twice daily.

ASTHMA

The inhalation of ozone has proven beneficial. Hold Intensifying Applicator No. 2—using a fairly strong current—in the palm of the hand and inhale the ozone so produced from 10 to 20 minutes. Better still use Ozone Inhaler (see page 28).

Also use External Throat Applicator No. 3 about throat from 5 to 7 minutes.

When first an attack of Asthma appears it is well to use Applicator No. 0 about hips, chest and under

arms; also apply about nose. Use a fairly strong current for 10 to 15 minutes.

HAY FEVER

Follow same treatment as for Asthma.

CATARRH (NASAL)

Use Nasal Applicator No. 10 within the nose, using a very mild current. Treat both sides from 2 to 3 minutes each.

Then treat outside with Applicator No. 00 or No. 2 from 5 to 7 minutes, using a rather strong current and making good skin contact.

Also inhale the ozone generated while holding bulb of Applicator in closed hand for 5 or 6 minutes. (See page 28—Ozone Inhaler.)

BRONCHITIS

Use Intensifying Applicator No. 2 sending thru it a fairly strong current. Cover the chest and back with three or four layers of white clean cloth and treat thru the cloth from 5 to 6 minutes, keeping Applicator constantly moving. After that hold Applicator between closed hands and inhale the ozone generated from 10 to 12 minutes. Repeat this three times daily while chest applications once daily is sufficient. (See page 28—Ozone Inhaler.)

PLEURISY

Treat same as Bronchitis.

PNEUMONIA

Treat same as Bronchitis.

TONSILITIS

High Frequency is not very dependable in Tonsilitis but in some cases has been very beneficial especially when used in time.

Treat with External Throat Applicator No. 3 about throat from 7 to 10 minutes, using a fairly strong current. Also treat internally thru mouth with Insulated Throat Applicator No. 12 from 4 to 6 minutes, using a fairly strong current.

SORE THROAT

Treat inside, thru mouth, with Applicator No. 12 from 1 to 4 minutes according to affection. Also use External Throat Applicator No. 3 from 8 to 12 minutes twice daily with a medium current.

TUBERCULOSIS

If used in time the High Frequency thru Intensifier Applicator No. 2 is beneficial. Treat the entire body using a fairly strong current.

Also hold Applicator between closed hands and inhale the ozone generated. While treating body, pay most attention to the chest, back, throat and about nose.

See that Applicator has at all times good contact with the skin and move it constantly.

Treatment should last from 20 to 30 minutes daily. (See page 28—Ozone Inhaler.)

DISEASES OF THE STOMACH AND INTESTINES

DYSPEPSIA

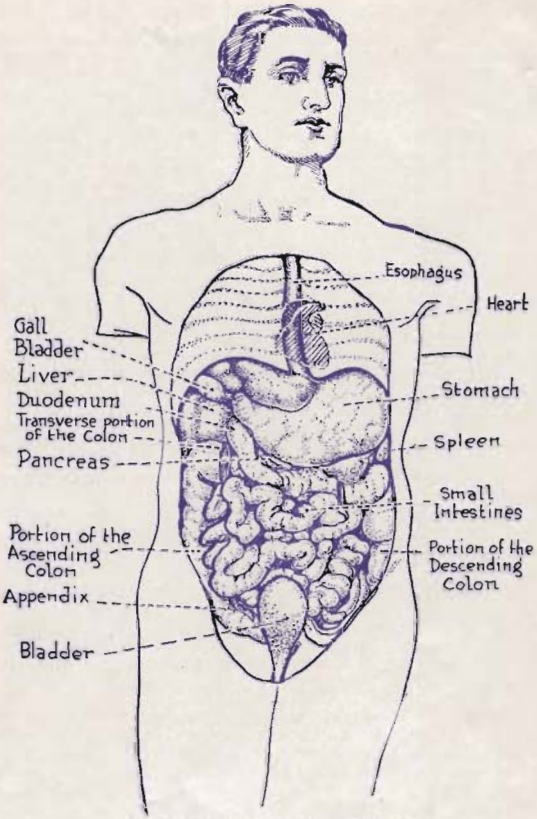
Use Surface Applicator No. 00 over entire stomach and abdomen, from 10 to 12 minutes with strong current, also hold in hands near nose and inhale the ozone produced by this same Applicator when grasping same with both hands. Treatment from 3 to 4 times per week.

GASTRITIS

Treat over stomach, abdomen and chest with Intensifying Applicator No. 2 from 12 to 15 minutes, making good contact and using a strong current. If Applicator has a tendency to stick to the skin dust a little talcum powder on it which will prevent this. Treatment mornings or evenings.

CONSTIPATION

Treat with Intensifying Applicator No. 2 over abdomen, using strong current—about three-fourths full strength—from 10 to 12 minutes. Also treat thru



Principal Abdominal Organs

rectum with Insulated Applicator No. 23 first, then with one of the Dilators Nos. 37, 38 or 39, according with one of the Dilatators Nos. 37, 38 or 39, according to required size.

Treatment should last from 4 to 6 minutes or 2 to 3 minutes with each Applicator. Treat daily at first, afterwards 3 times per week.

If desirable the Applicator may be lubricated, using a little glycerine on a tuft of cotton.

OBESITY

Obesity or Fatness is a disease caused by a change in the intimate condition of the cells within the body.

Treat with metal Saturator No. 13 from 20 to 25 minutes daily, using a fairly strong current.

PERITONITIS

Treat first with White Ray Applicator No. 0 from 7 to 8 minutes over the abdomen, using a medium strong current.

Then apply with Intensifying Applicator No. 2 from 6 to 8 minutes over abdomen and thighs, using a mild current and moving Applicator constantly. Repeat both treatments once daily.

DISEASES OF THE LIVER AND GALL BLADDER

JAUNDICE

Jaundice is a yellow coloration of the skin caused by some disarrangement of the liver.

Treat over No. 5—see chart on pages 26 and 27—with White Ray Applicator No. 0, using a fairly strong current from 6 to 7 minutes and with Applicator No 2 from 4 to 5 minutes daily.

PILES OR HEMORRHOIDS

Treat with Hemorrhoidal or Piles Applicator Nos. 24, 25 or 26, from 5 to 6 minutes daily, using a medium strong current.

DISEASES OF THE KIDNEYS

DIABETES

Treat with Intensifying Applicator No. 2 over the entire abdomen and back, using a fairly strong current and making but slight contact with the skin. Treatment to last from 10 to 12 minutes daily for two or three weeks, after that treat every other day. Also use Saturator No. 13 from 5 to 8 minutes daily.

BRIGHT'S DISEASE

Treat with Applicator No. 2 over abdomen and lower part of back, from 10 to 12 minutes daily, using a medium current strength.

Also use Saturator from 10 to 15 minutes daily.

In women's treatments, from 4 to 6 minutes with Applicator No. 18, thru the vagina, is in some cases very helpful.

UREMIA

Uremia is indicated when the blood from an accumulation of urea becomes of a toxic or poisonous condition.

Treat with metal Saturator No. 13 as directed on page 7, from 12 to 15 minutes daily.

Also apply a strong current over the lower part of the abdomen with White Ray Applicator No. 0 from 6 to 8 minutes.

NEPHRITIS

Nephritis is an inflammation of the kidneys.

Treat over No. 13—see charts on pages 26 and 27—with Intensifying Applicator No. 2 from 10 to 12 minutes, keeping Applicator constantly moving. Also treat from 8 to 10 minutes daily with metal Saturator No. 13.

HYPEREMIA

Treat with Spinal Applicator No. 6 over the spine from 5 to 8 minutes daily, using a medium current.

Also apply Intensifying Applicator No. 2 with a strong current over abdomen and thigh. The skin should be first powdered with talcum powder to prevent the Applicator from sticking.

The entire treatment ought to last from 15 to 18 minutes.

DISEASES OF THE BLADDER

Cystitis and Anuria particularly are both amenable to treatment with the Violet Ray but only when handled by the qualified physician.

DISEASES OF THE GENITO-URINARY ORGANS

GONORRHOEA IN MALE

Gonorrhoea in the male may be treated with the White Ray Surface Applicator No. 0 from 10 to 12 minutes daily.

The Urethral Applicator No. 16 is to be used thru the canal but only in the hands of an Electrotherapeutist or physician. The Urethral Applicator No. 16 is sold only to practitioners.

ORCHITIS

Treat with Surface Violet Ray Applicator No. 00 over testicle and lower part of abdomen from 5 to 7 minutes, scarcely touching the skin with the Applicator and using a fairly strong current, every other day, stopping treatment for a few days should the parts become too irritated.

IMPOTENCY

Use Prostatic Applicator No. 35 and apply a strong current over the genital parts, over the inguen or groin, over the bladder, and using spinal Applicator No. 6 over the lower part of the spine. The inguen is the depression between the thigh and body, also called groin.

Treatment should last from 10 to 12 minutes, barely touching the skin with the Applicator, two or three times per week.

Also apply a moderately strong current thru rectum with Applicator No. 23 from 3 to 5 minutes.

VARICOCELE

Treat with Intensifying Applicator No. 2, using strong current and applying current to entire scrotal area or between urinary and rectal channels, thru two to four thicknesses of white clean cloth. Treatment to last from 3 to 4 minutes once daily.

PROSTATIS

Treat with Prostatic Applicator No. 35 or with Surface Violet Ray Applicator No. 00 from 10 to 12 minutes daily, using a mild current.

NOTE:—In specific treatments of this character, where the condition is at all serious, it is best to consult a competent physician who can administer the Violet Ray.

DISEASES OF THE HEART

ANGINA PECTORIS

Treat with External Throat Applicator No. 3 from 7 to 10 minutes at the throat and down over shoulders. Also the Intensifying Applicator No. 2 with a mild current from 4 to 6 minutes. Over Nos. 9 and 3, see charts on pages 26 and 27. Treatment should be entrusted to the physician.

ARTERIOSCLEROSIS

Should be treated with metal Saturator No. 13 by holding it in the hand, using fairly strong current.

Treat from 12 to 15 minutes daily.

DISEASES OF THE BLOOD

CYANOSIS

Treat with metal Saturator No. 13 from 10 to 12 minutes daily. Also with Surface Violet Ray Applicator No. 00 over entire body, using a fairly strong current, and barely touching the skin with Applicator.

ANEMIA

Treat with Surface Violet Ray Applicator No. 00 over lips, chin and nose.

Hold Applicator with one hand and inhale ozone generated for 5 minutes. (See page 28 about Ozone Inhaler.)

Also apply a medium strong current with spinal Applicator No. 6 over the whole spine, keeping Applicator moving slowly.

MILK-LEG

Apply strong current with Intensifying Applicator No. 2 to part affected for 6 minutes daily.

Also general electrification with metal Saturator 13 is recommended of from 10 to 12 minutes duration.

DROPSY

Before Dropsy can be intelligently treated the exact nature of the case must be known.

DISEASES OF THE MUSCLES AND JOINTS

ARTICULAR RHEUMATISM

Treat with Intensifying Applicator No. 2 over the seat of pain, using a strong current. The patient should sit, bend or stand so as to bring pain while the treatment goes on.

Make very slight contact with Applicator to skin and keep Applicator constantly moving but slowly.

Treatment should last from 25 to 30 minutes daily. Should skin become sore postpone treatment two or three days.

RHEUMATIC ARTHRITIS

Same treatment as for Articular Rheumatism.

GOUT

On account of the peculiar nature of this ailment it is better left for the physician.

LUMBAGO

The patient should sit or bend the body or make whatever movement that brings pain. Use the Intensifying Applicator No. 2 over the part indicated by

the pain as being most affected. Use a fairly strong current and just barely touch the skin with Applicator. Make the patient bend or rise and apply the High Frequency thru Applicator No. 2 while rising or bending. This is rather painful but pain will disappear within 10 minutes in most cases.

Repeat treatment once a day until pain ceases to return.

WRITERS' CRAMP

Treat with Intensifier Applicator No. 2, using a fairly strong current. Treat from finger tips, all over hand, wrist, forearm, arm and shoulder, making but slight contact with Applicator and skin.

Also apply current over neck and between the shoulder blades.

Treatment should last from 15 to 20 minutes every other day, or daily if skin stands without irritating.

Some persons can endure more current than others without discomfort, but in any case, if irritation sets in suspend treatment for a few days.

RHEUMATISM

Apply current to seat of pain with Applicator No. 2, using a fairly strong current and making but slight contact or barely touching the skin. Treat from 10 to 12 minutes at a time.

MUSCULAR SORENESS

Cause ought to be found first—then treat accordingly.

Treat from 15 to 20 minutes with Applicator No. 13 and from 5 to 8 minutes with Applicator No. 00, using a medium current.

CRAMPS

Apply a medium current to area affected thru Applicator No. 2 from 8 to 10 minutes.

CONTRACTION OF MUSCLES

Use metal Saturator from 25 to 30 minutes daily.

HIP JOINT DISEASE

For treatment see Articular Rheumatism.

SYNOVITIS

Treat with Violet Ray Applicator No. 00 from 10 to 12 minutes, using a medium strength current and barely touching the skin with the Applicator, that is, touch the skin but without pressure.

In chronic cases the White Ray Applicator No. 0 is better. Give a strong current from 10 to 15 minutes thru 2 or 3 folds or layers of white clean cloth, placing the cloth between Applicator and the skin.

DISEASES OF THE BRAIN AND NERVES

ST. VITUS DANCE

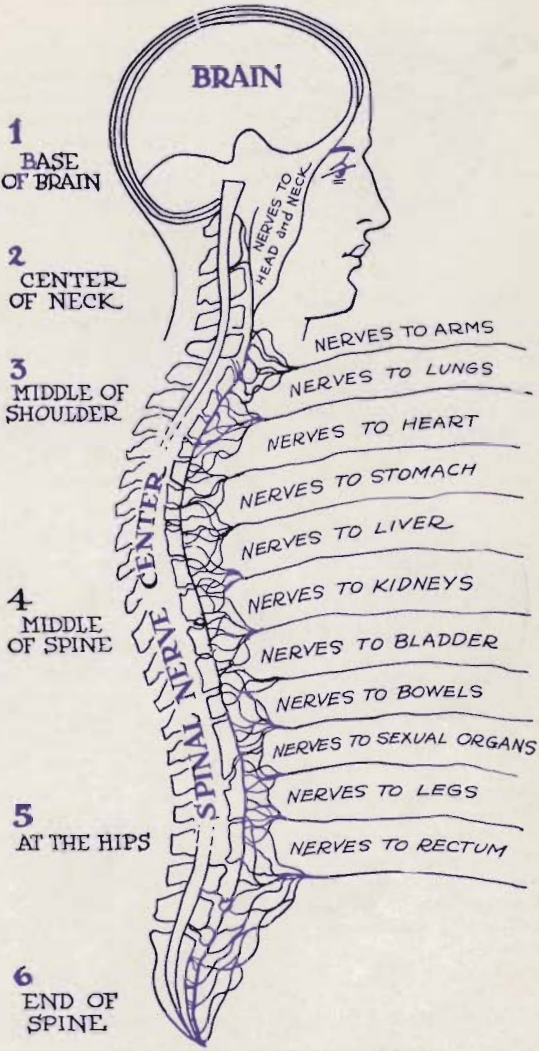
Treat with metal Saturator No. 13 from 20 to 25 minutes daily. Also treat the entire body with Intensifying Applicator No. 2, using a strong current and moving Applicator slowly but with firm contact. Treat two times per week from 20 to 25 minutes each treatment.

GOITRE

Treat over goitre and neck with Intensifying Applicator No. 2, using a very strong current, barely touching the skin with the Applicator. Treatment to last from 6 to 8 minutes every other day. Should skin become sore after 4 or 5 treatments discontinue for one week, after which treatment may be continued again.

HYSTERIA

Treat with Spinal Applicator No. 6 over the spine from 7 to 9 minutes, using a mild current and moving Applicator up and down the spine slowly. Also use metal Saturator No. 13 from 7 to 8 minutes. Strong application over abdomen, using Intensifying Applicator No. 2 and making but slight contact are recommended in some cases. This last treatment should last between 5 and 7 minutes.



Principle Nerve Centers of Body

NEURASTHENIA

Hold Violet Ray Applicator No. 00 between closed hands and inhale the ozone so generated from 7 to 8 minutes daily.

Treat back of head, neck and over abdomen from 8 to 10 minutes, using a medium strength current and making good skin contact with Intensifying Applicator No. 2.

A general tonic treatment with the metal Saturator No. 13 is also beneficial.

PALSY

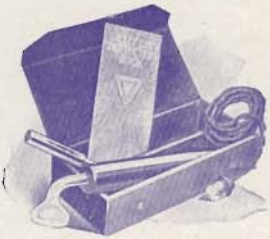
For treatment see Paralysis.

SCIATICA

Treat with the Intensifying Applicator No. 2, using strong current—about two-thirds the output of the Sterling Generator—over the lower part of the spine, over the whole thigh, leg and foot, also over lower

Sterling Violet Ray Generator — Type "A" shown in carrying-case with the V. R. glass Surface Applicator, the Metal Tonic Saturator. Complete with Instruction Book.

Sterling "Baby" Violet Ray Generator shown in carrying-case with the V. R. glass Surface Applicator, the Metal Tonic Saturator and Instruction Book.



Sterling Heating Pad, with three-heat push-button switch — scientifically correct—always reliable—even temperature—no better pad can he built at any price.

Sterling Ozone Inhaler — the most sanitary, efficient and valuable product of this style yet produced. Complete with bulb, vaporizing oil and instructions.

part of the abdomen. Treatment should last from 15 to 20 minutes. The Applicator should be in constant movement all over the sensitive parts or seat of pain. Do not press the Applicator against the skin but just slide it along.

If Applicator sticks to skin, apply talcum powder over the part to be treated.

Treat daily for three or four days. After that once every other day will suffice.

INSOMNIA

Inhale ozone generated by holding Intensifying Applicator No. 2 between closed hands. Also treat with White Ray Applicator No. 0 about lips, nose and throat from 10 to 12 minutes daily. Better still use Ozone Inhaler (see page 28).

LOCOMOTOR ATAXIA

This ailment should not be treated by the layman or novice. Consult your physician.

Sterling Faradic Violet Ray Generator showing some extra Electrodes. Price includes Hand Electrodes and Cords, V. R. glass Surface Applicator, Metal Tonic Saturator, Carrying-Case and Instruction Book.

Sterling Type "A" Generator — alone — weight three and one-half pounds—dial regulation—Longoria design —in synthetic compound die moulded shell—monarch of all its kind.

"Improved" C Outfit. Includes Glass and Metal Applicators and Instruction Book. All complete in handsomely marked and polished Selected Hardwood Case with Polished Face Plate.

Sterling Immersion Water Heater — has a hundred practical uses and never fails. Convenient, efficient — durable—complete.

PARALYSIS

Treat over paralyzed muscles, using the Intensifying Applicator No. 2 with a heavy strong current, barely touching the skin with the Applicator. Keep Applicator constantly moving and treat from 8 to 12 minutes daily.

NEURALGIA

Treat over the seat of pain with Intensifying Applicator No. 2 from 5 to 8 minutes, using a strong current and barely touching the skin with Applicator. Treatment with Saturator No. 13 is also recommended from 12 to 15 minutes daily.

NEURITIS

This is another ailment which should be handled by the practitioner.

EPILEPSY

This disease may be treated to advantage with the White Ray Applicator No. 0 but the proper treatment is the X-Ray tube or X-Ray Applicator No. 1.

CATALEPSY

Use Spinal Applicator No. 6 over the whole spine from 5 to 7 minutes, using a mild current.

Treat with Intensifying Applicator No. 2 over abdomen, thighs and back, using a fairly strong current and making perfect contact between Applicator and skin.

General electrification with metal Saturator No. 13 has also proved beneficial in many cases.

DISEASES OF WOMEN
NERVOUSNESS

Treat with metal Saturator No. 13 by holding same with one or both hands, from 20 to 25 minutes daily, using a medium strength current.

DISEASES OF THE WOMB

Certain Womb Ailments may be helped if not altogether cured by the use of High Frequency and the Violet Ray.

Treat thru vagina with Vaginal Applicator No. 18 from 5 to 7 minutes, using a mild current.

Also apply a strong current with Applicator No. 2 over Nos. 7, 8, 11 and 12—see charts on pages 26 and 27—from 7 to 10 minutes duration, keeping Applicator constantly moving but slowly.

AMENORRHEA

Menstruation in Young Girls When Irregular, Scanty or Delayed

A painful menstruation is needless, do not wait until you pass the nineteenth or twentieth year of your birth, the longer you wait the harder it is to cure. Better stop taking whiskey, gin, coal tar products and see your physician. If he is an up-to-date one, he will use the High Frequency Violet Ray. It may be that you do not like the idea of going to anyone and telling them your personal trouble. If your case is not an old one you may treat it yourself right in your home with the Sterling Violet Ray Generator.

Treatment:—Regulate the Generator to give a fairly strong current—about three-quarters the output—sit in a wooden or springless chair, or lay in a bed with a rather thick mattress. Then take hold of the Generator's handle with your left hand and with your right hand insert the metal Saturator No. 13 into the handle as far as it will go. Now the High Frequency current is all thru your body acting as a tonic and as a blood purifier.

Never take your hands off the metal Saturator, or turn on or off the current while holding same.

After the treatment is over or the current is to be turned off for some reason or other, remove the Applicator from the handle first, then set handle aside and turn off the current at the socket.

This treatment should last between 15 and 20 minutes.

Directly following this, use the Violet Ray Applicator No. 00 for 8 or 10 minutes over the area covered by No. 6—(see chart on page 26)—once daily or every other day. In certain cases where greater penetration and heat are desired use Applicator No. 2 which gives a stronger and more penetrating current than Applicator No. 00, producing greater heat. Treatments of from 10 to 12 minutes are usually sufficient.

Do not expose yourself to draughts or bad weather within an hour and better not at all.

AMENORRHEA IN WOMEN

Irregularity or Suppression of the Menstruation

Use Insulated Applicator No. 18 thru the Vagina, treatment to last from 5 to 6 minutes by the clock and not guessed at. Take treatment every other day, or a daily treatment of 3 to 4 minutes each. Then apply with Applicator No. 00 over the lower part of the spine, using a fairly strong current. Between the spine and Applicator place from 2 to 3 folds of some clean thin cloth.

Treatment should last 4 minutes, keeping the Applicator moving constantly. The treatment just described is rather unpleasant as the task given to the High Frequency current is to attract certain amount of blood to the area treated. The area treated will be-

come of a pigmented color—pinkish or reddish color—and will feel rather warm for an hour or so afterwards.

DYSMENORRHEA

Same treatment as Amenorrhea in Women.

LEUCORRHEA

Use Insulated Glass Applicator No. 18 and proceed as follows:

The patient should lay on her back over a thick mattress or wooden table and insert the Vaginal Applicator as directed for Menstruation—see Amenorrhea in Women.

Then apply with the Spinal Applicator No. 6 a strong current over the spinal region from lower part of neck down to end of spine, keeping Applicator moving constantly up and down the spine.

Treatment to last from 5 to 6 minutes daily from 5 to 8 days, afterwards every other day.

MENAPAUSE—(CHANGE IN LIFE)

Treat with White Ray Applicator No. 0 over spine, back of head and neck. Also over abdomen.

Place three folds or layers of white clean cloth between Applicator and skin, using a medium strong current, applying current thru cloth.

Treat from 20 to 25 minutes every other day.

OVARITIS

For treating certain ovary affections such as neuralgic pains, irritations, tenderness, and the like, the High Frequency and Violet Ray has been very successful from the start and is gaining ground daily. Treatment causes no discomfort or pain whatever and is not the least complex.

The patient should lay on her back, with knees bent, and body relaxed.

Then apply a strong current over Nos. 8 and 12—see charts on Pages 26 and 27—using Surface Applicator No. 00 and pressing firmly but not so hard as to break glass Applicator. The Applicator should be moved slowly and treatment to last 5 to 6 minutes each side, daily or every other day.

GONORRHEA IN WOMEN

Treat with plain Vaginal Applicator No. 17 thru the Vagina from 5 to 7 minutes every morning and with Insulated Vaginal Applicator No. 18 from 4 to 5 minutes by the clock every evening before retiring.

For chronic cases the White Ray Vaginal Applicator No. 18-W is recommended.

NOTE:—In specific treatments of this character, where the condition is at all serious, it is best to consult a competent physician who can administer the Violet Ray.

DISEASES OF CHILDREN

DIPHTHERIA

Treat inside of throat with Insulated Applicator No. 12, using weak current from 2 to 3 minutes, and outside of throat, using Applicator No. 3 for about 6 minutes morning and evening.

MEASLES

This is a contagious disease of children known to science as Rubeola.

The best marked characteristics of its effects are the eruption of the child's skin. A physician should be consulted at once, but to prevent the disease from gaining rapidly treat the child with a mild current, using White Ray Surface Applicator No. 0 all over the entire body.

Treatment should last from 15 to 20 minutes, never keeping Applicator stationary but move slowly and constantly. Repeat twice daily.

GERMAN MEASLES

Treat same as Rubeola or Measles.

MUMPS

Apply White Ray with Applicator No. 0 to swollen part and surroundings. Treat once daily from 10 to 12 minutes. Use a mild current and make good contact between the part affected and Applicator.

WHOOPING COUGH

Known also as Pertusis and it is a contagious disease.

Treat patient with the Intensifying Applicator No. 2 over the shoulders, across from shoulder to shoulder back and front, using a fairly strong current for about 10 minutes, then with External Throat Applicator No. 3 treat all around the throat from 5 to 8 minutes, using the same intensity of current as before. About 30 or 35 minutes afterwards hold Applicator No. 00 in the palm of the hand with hand clasping Applicator and inhale the ozone then generated for 20 minutes. The Ozone Inhaler is very valuable in this ailment. (See page 28.)

CROUP

Use Tongue Applicator No. 14 to give a mild flow.

Place Applicator flat on top of tongue and close the mouth.

Treat from 5 to 6 minutes, taking deep breaths thru the mouth and exhaling by the nose.

Also use Nasal Applicator No. 10 about face and nose, and Surface Applicator No. 00 about face, nose and throat externally from 7 to 10 minutes. Immediate resort to the Ozone Inhaler described on page 25 will save much anxiety.

INFANTILE PARALYSIS—POLIOMYELITIS

In such a serious case as this the treatment should be administered by a physician or Electrotherapeutist and not attempted by the novice.

Place five or six layers of thin clean white cloth between the parts to be treated and the Applicator.

Apply strong sparks with Applicator No. 2 to the spine and parts paralyzed for 2 minutes.

As some persons are more sensitive than others, the physician or operator should judge how often the treatment should be given. An hour or so before the above treatment begins give, with the metal Saturator No. 13, a general body electrification from 10 to 12 minutes. General electrification should be given twice daily.

CHICKEN POX

This child's disease is also known as Varicella, it is infectious and eruptive.

Treat entire body with Applicator No. 0, making good contact and keeping Applicator moving constantly 20 minutes once daily.

INSTRUCTIONS FOR USING STERLING FARADIC TREATMENT SYSTEM

From the group illustration on page 21 you will observe all there is to see of the Sterling V. R. Faradic Generator Type "A." The entire apparatus is self-contained in the Generator. May also be had in Type "C."

Near the machine you will notice the two cylinder Hand Electrodes and Cords, the Foot Plate, the Metallic Comb, the Brush, the Simplex Roller, two Wrist Plates and two Hand Sponge Electrodes. They all have their distinct uses as will be described later.

Either on the face or the side of the Generator are four holes, each numbered; the following arrangements are in the order of their strength:

1 and 2—Low Strength.

1 and 3—Medium Strength.

1 and 4—High Strength.

The combination 2 and 3 is about the same strength as 1 and 2, while 3 and 4 has about equal strength with 1 and 3.

The current is all of one kind, there is no positive or negative. The voltage may be graduated from 5 to 25 volts. In the one machine are both a Low and a High Frequency Current.

To use Faradic Cylinder Hand Electrodes attach the connecting cords if not already in place and insert the metal tips on the other end into the desired holes on the Generator.

If other Electrodes are to be used, connect them with the cord and Generator in the same way.

Because of the simplicity of the Sterling Faradic V. R. Generator and on account of the entire absence of acids or liquids, it gives much satisfaction to those not familiar with handling the old style apparatus.

BABY VIOLET FARADIC GENERATOR

Here is something entirely new and exceedingly interesting as well as useful.

This is a device SEPARATE ENTIRELY from the B. V. Generator itself. It can be applied to any B. V.

It consists of an induction winding encased in a ring of black fibre of a size that will barely slip over the Baby Violet. On it are mounted two terminals for making the usual Faradic connections to the handles or other electrodes.

To operate slide this ring along the B. V. toward the knob end and as it proceeds the Faradic or low frequency current will increase in strength OR the Faradic Ring may be located at any given spot and the power controlled by the regular V. Ray adjustment Knob and we will let you surmise how this mysterious action is accomplished.

This attachment is unprecedented—nothing like it has even been offered with a V. R. Generator before. Remember, the B. V. Faradic Generator has absolutely no connection whatever with the B. V. by wires or otherwise.

For purposes of entertainment scientific interest and medical value this entirely new departure is most amazing.

GENERAL TREATING INSTRUCTIONS

No inflexible rule can be given for the treatment of disease, but there are a few general suggestions that it is well to know.

1. The Faradic current is not a substitute for the Violet Ray and their action is wholly different. Experience will acquaint you with their relative values for different purposes. The Violet Ray is a far superior form of treatment, much broader and offers greater advantages, but the Faradic current will prove a faithful and valuable assistant. Rest, proper living, diet and fresh air are others.

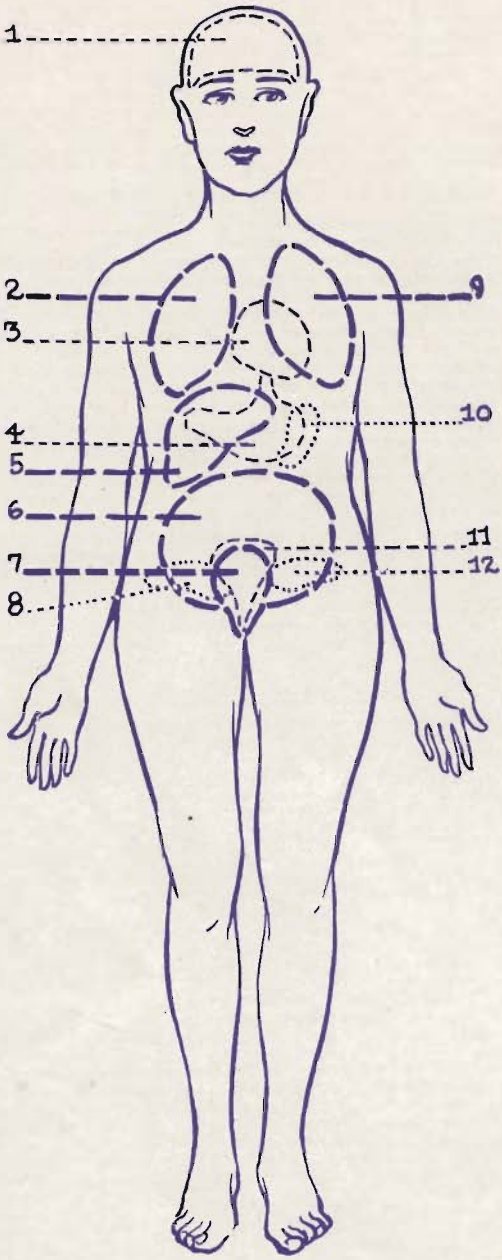
2. In treating, avoid sudden shocks. These are never of service and if the patient is of a nervous temperament, they may be harmful. Begin by holding the Electrodes loosely when first turning on the current. By tightening the hands you may regulate the strength of the current as desired.

3. It is important to adopt some definite form of treatment and to follow it persistently. The tonic effect of the treatment may be slow to notice, but the treatment should not be hastily abandoned for that reason as it takes time to effect results in some cases.

4. The different ranges of current provided by the Sterling Faradic Generator and its gradual regulation enable you to determine just what strength is best suited to your case. In most instances it is better to begin with a mild current and increase to suit the requirements.

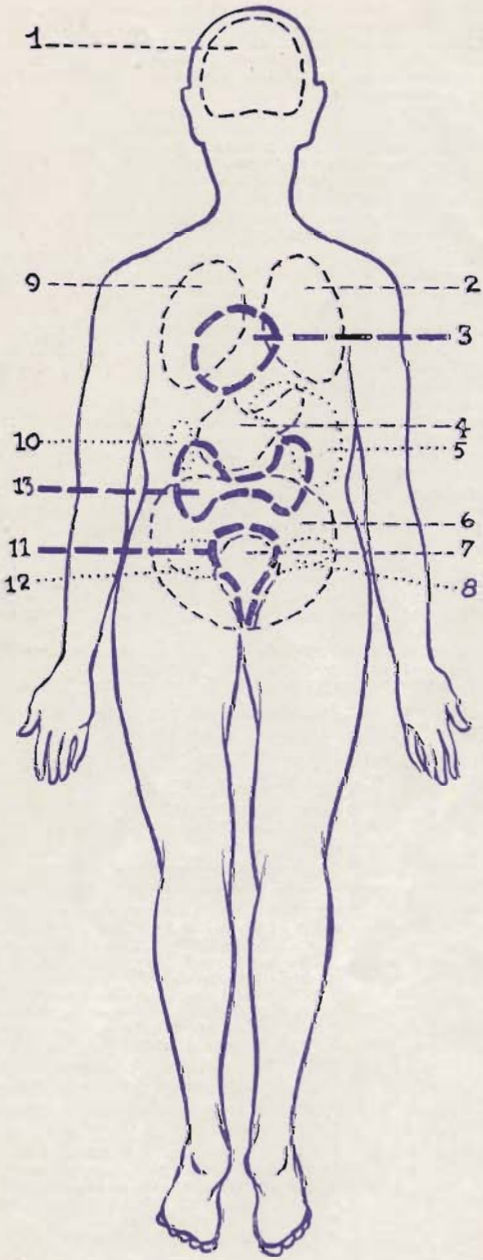
5. Short treatments are ample. In ordinary treatments from two to eight minutes or at the most fifteen minutes is quite sufficient; the nature and condition of the ailments usually serve as a guide. The exceptions to this are in the treatment of some chronic ailment as chronic articular rheumatism and in general tonic electrizations where a little longer time can be allowed.

6. No absolute rule can be made regarding how often to treat. This depends upon the nature of the ailment, the sex, age, and habits. Some acute cases require daily treatments, seldom more than that. In chronic cases from two to four times a week may be enough. (Continued on page 28.)



FRONT VIEW

No. 1—Brain
No. 2—Lung (right)
No. 3—Heart
No. 4—Stomach
No. 5—Liver
No. 6—Intestines or Abdomen
No. 7—Bladder
No. 8—Ovary (right)
No. 9—Lung (left)
No. 10—Spleen
No. 11—Uterus
No. 12—Ovary (left)



BACK VIEW

No. 1—Brain
No. 2—Lung (right)
No. 3—Heart
No. 4—Stomach
No. 5—Liver
No. 6—Intestines or Abdomen
No. 7—Bladder
No. 8—Ovary (right)
No. 9—Lung (left)
No. 10—Spleen
No. 11—Uterus
No. 12—Ovary (left)
No. 13—Kidneys

7. The continuance of treatment cannot be predetermined. Chronic cases naturally require the longest courses. Obstinate cases may require from two to six months with occasional rest periods and perhaps the variation value of the Violet Ray and other natural remedies.

8. When using the Sponge Electrodes, they should be well moistened, preferably with water which contains a little salt, and pressed steadily upon the part to be treated. The steadier the pressure of the Electrodes the more agreeable will be the sensation and the better the effect.

9. Use whichever Electrode appears most convenient for the application.

10. The Electrode not used in the direct local treatment of the ailment should either be held in the hand, placed at an extremity of the body, the back of the neck or at the base of the spine.

11. DO NOT USE THE FARADIC CURRENT AT THE SAME TIME AS THE VIOLET RAY BECAUSE CONTACT IN SUCH A CASE WILL GIVE AN UNPLEASANT SHOCK.

Three distinct ranges of current can be used, the Low or Weak Strength which is the connection 1 and 2, the Medium Strength which is the connection 1 and 3, and the High or Strong Strength, which is the connection 1 and 4.

The range 1 and 2 may be called the Primary and the range 1 and 4 the Secondary, while 1 and 3 is from Primary to Secondary and this is the one most used. It may be termed Medium.

The Primary current is used particularly in the treatment of scrofula, ulcers, growths, enlarged tonsils, enlarged joints, granulated eyelids, enlarged glands, strictures and other conditions of this character.

The Secondary current is applied in the treatment of nervous and inflammatory ailments and acts as a tonic upon the system. It is of greater tension.

There are two main ways of applying the Sterling Faradic current.

ONE—By Local Electrization.

TWO—By General Electrization.

By the first method special nerves, muscles or organs are influenced and the action of the current is limited to these parts.

By the second system the current is passed thru the entire body or a substantial part of it.

For a refreshing effect to relieve fatigue or avoid paralysis, the muscles can be exercised thru the use of the Violet Ray and General Faradic Electrification used alternately. For business and professional men and others of sedentary habits this form of treatment will be found very welcome as it imparts new life and vigor. It soothes, strengthens and exhilarates. It brings sleep and tranquility to the most nervous organism—tired nature's sweet restorer.

The location of an ailing part or organ may be partly determined by its sensibility to the treatment.

This sensibility serves as somewhat of a guide in administering the treatment.

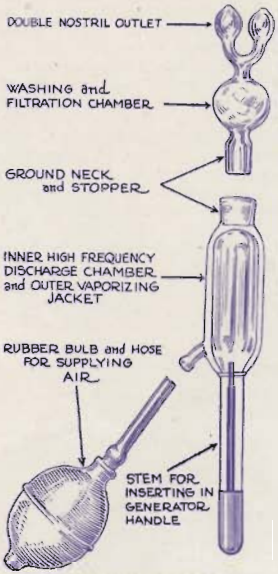
Examination of internal organs is made with the Handle Sponge Electrode. Both the sponge and the body where the application is to be made should be moistened. Adapt the remedy to the condition. Some people require a general electrization of the entire system which is accomplished as follows:

Sit with the feet preferably bare, on the Foot Plate or else place this plate at the base of the spine. Then use the Handle Sponge Electrode and treat every part of the body. Begin with the forehead, neck, shoulders, arms, body to legs. The chest and legs will stand much more current than other places. Do not use enough current to tire as this would be an overdose.

This treatment is well adapted for insomnia and states of debility. The use of the Faradic current for nervous Dyspepsia often gives great relief.

SOME STERLING SPECIALTIES

"No Life Complete Without Them"



OZONE INHALER

The Sterling Ozone Inhaler is the first satisfactory and fully efficient article of its kind ever produced for use with a small High Frequency Generator.

It is used in the same manner as any of the Applicators.

It is valuable in the local treatment of Throat, Nasal Bronchial and Lung affections such as Coughs, Colds, Catarrh, LaGrippe, Bronchitis, Laryngitis, Pharyngitis, Asthma, Hay Fever, Croup, and for its general beneficial influence upon the blood and system in Nervous Ailments, Neurasthenia, Anemia, Insomnia and others of a like character. It is a Sterling relief.

With this Sterling Inhaler the most potent, disease-destroying, health-giving element of nature may be applied locally and directly to the affected area with an assurance of prompt relief.

TWO PIECES ONLY

Patents Pending

The Sterling Electric Ozone Inhaler is made entirely of a special quality glass and each is blown separately by hand. It is twelve inches long and is very light in weight. Nascent Ozone is very active and quickly combines with most all substances but this Sterling Applicator being all glass provides full efficiency without waste.

It consists of the stem part for inserting into the handle of Generator, the vacuum tube, the converting or mixing chamber where the oxygen is made into ozone by the action of the Sterling High Frequency current, and where the oil and ozone amalgamation takes place and a rubber bulb attachment for discharging the mixing chamber.

It is made in only two sections which is another Sterling innovation. The delivery end has a ground glass bottom which perfectly fits the ground glass neck at the top end of the body. This feature eliminates the necessity for corks which are insecure and unsanitary.

The parts are both standard and if either ever becomes broken the other may be obtained separately.

The apertures are large and readily permit cleaning.

The washing chamber is loosely packed with a soft fibrous material which may be soaked in the oil, thereafter offering an effective cleanser to passage of the fumes and impurities.

As the High Frequency discharge passes thru the exhausted vacuum chamber a liberal supply of ozone is steadily produced.

This is purified by the oil bath thru which it passes in the washing chamber above. This oil bath also absorbs the nitric fumes present in some degree with the separated ozone.

The delivery of both the vaporized oil and the ozone is forced to the patient by pressure on the rubber bulb.

The Sterling oil used with the Inhaler is neutral and a perfectly harmless scientific blend of pure essential oils each having distinctive and time proven efficacy. The combination has a soothing influence upon the membranes and affected parts, besides being cooling. Its healing characteristics are distinctive and most marked. In the administration the oils become supersaturated with Ozone which is thus conveyed to every section of the throat, nose and lung passages where the ozone is discharged.

Its well known antiseptic and bactericidal properties are in this way thoroughly distributed and thoroughly manifested.

PINOZOR—AIR PURIFIER AND DISINFECTANT

This inexpensive Sterling attachment does the work of many of the large and costly apparatus designed for dedorizing, disinfecting and purifying the atmosphere and contents of rooms.

It generates a stream of ozone which destroys the organic and injurious matter found in the air and washes it clean just as a bath does the body, soon removing the musty, mouldy, sickly smell.

It may be used while the patient lies comfortably in bed, in fact it is beneficial to them and not at all injurious to plants and furnishings.

Many more uses for it will be apparent.

ELECTRIC HEATING PAD

Like all Sterling products this Heating Pad is made with a conscience and with the comfort, convenience, safety and satisfaction of the user always in mind.

Imagine the relief brought to the distressed by this thin, light, flexible, soft, soothing creation, which readily conforms to any part of the body.

It gives a gentle, healing heat, continually and evenly distributed.

It is a welcome successor to that disagreeable nuisance the old, heavy, clumsy, hot water bag which needs constant refilling, may burn or discharge scalding water and which "cools off" just as comfort comes.

The Sterling pad wins quick friends by its good work in all ailing conditions benefited by the continuous application of heat such as sprains, toothache, chills, cramps, grippe, pneumonia, insomnia, inflammation, backache, neuralgia, rheumatism, poor circulation and muscular afflictions from foot to head and from babyhood to old age.

It may be used anywhere at any time in the home, hotel or hospital.

Each pad is equipped with an economical, guaranteed, three-heat controlling push-button switch of the National Electric Code Standard.

This is located within easy reach of the user and temperatures of 100 F.—140 F. and 180 F. may be gradually obtained and easily maintained as long as desired. Indicators guide its manipulation even in the dark.

This switch is made entirely of metal and will not bind or lock in any climate and is not subject to temperature changes.

It is made of highly polished nickeled brass and is a most artistic, high-class, reliable feature.

This Sterling pad is safe, cannot overheat and is made doubly danger-proof by two most clever automatic thermostats independent of the heating control.

While it is a rugged pad for wear it is so pliable that it may be crumpled into a ball without harming it.

It may be had in a fluffy eiderdown cover or a flower-figured cretonne for the same price. The eiderdown holds the heat better, the cretonne is the handsomer.

The standard pad operates at voltages of 100 to 125, but pads can be furnished for other voltages.

The Sterling Heating Pad measures 11½ x 14 inches, weighs 28 ounces and has 10 feet of cord with two-piece lamp socket plug.

You can pay more but you cannot buy more in a Heating Pad.

It comes complete all ready to attach, turn on current and use.

Rubberized Waterproof Bags, each, $1.25. Cloth, 25 cents.

ELECTRIC IMMERSION WATER HEATER

This delightful Sterling utility is valuable for emergency purposes and has many practical uses at the table and elsewhere.

It assures a good supply of warm or boiling water in a moment at any time.

It will cook bouillon, soup or eggs, in a few minutes and prepare tea, coffee or cocoa promptly.

It will warm baby's milk or furnish water for shaving in a hurry.

Many special purposes have been found for it such as heating oil, wax, glue, pitch, tar, paraffine and keeping such solid substances liquid where desired.

In homes, hotels, hospitals, stores, cafes, trains, boats, factories and everywhere the Sterling immersion Heater is appreciated.

It lies flat and so may be used in shallow dishes and for sterilizing instruments as it provides the space and does not interfere.

It is a greatly preferred convenience for physicians, dentists, demonstrators, travellers, and others.

It has all the advantages of an electric heater. There is no danger like from an open flame nor the unhealthy attendant condition.

It is so simple to operate and safe that a child may use it.

It will stand long, hard usage and cannot burn out if operated ONLY while immersed, even when run continuously.

It is scientifically constructed to give the greatest efficiency at the least cost. All of the heat goes directly into the material in which it is immersed, quick and economical heating being the result.

The heating unit is permanently imbedded in cement under tremendous pressure and the use of mica is entirely avoided.

It is neat, has a round three-inch foot, weighs with plug and cord but 11 ounces, and the 6¾ inch handle is always cool. At 110 volts it draws 500 watts.

It is fully guaranteed and a handsome heater deluxe that anyone may be proud and glad to own.

Standard sizes 110 and 220 volts which allow a 5% variation either way but heaters can be made for other voltages.

Complete with six foot detachable cord and two-piece plug.

APPLICATORS AND THEIR USE

NOTE:—In each case follow the directions for use given under the specific ailment and not here. See plates at end of book for illustration.

No.		Price in U. S. A.	Elsewhere s.	d.
00	SURFACE APPLICATOR FOR VIOLET RAY is used for most general surface afflictions.....	$0.75	4	0
0	SURFACE APPLICATOR FOR BLUE WHITE RAY is used in chronic and skin ailments.....	.75	4	0
1	SURFACE APPLICATOR WITH X-RAY LIGHT is sold only to physicians for special purposes	1.00	6	0
2	INTENSIFYING APPLICATOR is for deep seated ailments and whenever quantities of ozone and heat are required.....	3.00	16	3
3	EXTERNAL THROAT APPLICATOR is for ailments of the throat, arms and legs and is designed to fit such parts of the body	1.00	6	0
4	STRAIGHT COMB APPLICATOR is adapted for the treatment of the hair and scalp.....	2.00	10	0
5	RAKE COMB APPLICATOR is preferred by some but the action of each is alike.....	2.00	10	0
6	SPINAL APPLICATOR is mostly applied to diseases of the blood and arteries	1.50	8	3
7	EYE APPLICATOR is intended for eye ailments and some other special purposes	.75	4	0
8	EYE APPLICATOR—DOUBLE is also for eye ailments with the purpose of treating both eyes at the same time.....	1.00	6	0
9	FULGURATION ELECTRODE is intended for physicians and dermatologists in the removal of certain skin blemishes.....	1.50	8	3
10	NASAL APPLICATOR—Insulated, is for affections of the nose and throat, also catarrhal afflictions	1.75	10	0
11	EAR APPLICATOR—Insulated, is designed for the treatment of ear troubles	1.75	10	0
12	INTERNAL THROAT APPLICATOR—Insulated, is for all internal throat afflictions.....	1.75	10	0
13	SATURATOR is valuable wherever a restorative or tonic effect is indicated and is used in combination with another person for massaging. It is a builder. It yields a different current than the glass Applicators which comes straight from the transformer in the handle without the alterative effect of the vacuum Applicator. It gives a general saturation and electrification of the entire body immediately	.75	4	0
14	TONGUE APPLICATOR—Insulated, is used in fever cases.....	1.75	10	0
15	PLAIN URETHRAL APPLICATOR is for diseases of the urinary channel and bladder and is only sold to physicians.....	.75	4	0
16	URETHRAL APPLICATOR—Insulated, is for local diseases of the bladder and urinary channel and is also sold to physicians only	1.75	10	0

No.		Price	s.	d.
17	PLAIN VAGINAL APPLICATOR is adapted for special diseases of women	1.00	6	0
18	VAGINAL APPLICATOR—Insulated, is also for special diseases of women	2.00	12	3
18-W	PLAIN VAGINAL APPLICATOR giving White Ray is recommended for Chronic Gonorrheal cases in women	1.50	8	3
19	PERFORATED VAGINAL APPLICATOR is for use by physicians only	2.50	14	0
20	PLAIN RECTAL APPLICATOR—⅝″ diameter	.75	4	0
21	PLAIN RECTAL APPLICATOR—¾″ diameter	.85	5	0
22	PLAIN RECTAL APPLICATOR—1″ diameter	1.00	6	0
	These three Applicators are adapted for afflictions of the intestines and rectum. Per set	2.50	12	3
23	RECTAL APPLICATOR—Insulated—⅜″ diameter, is especially adapted for local afflictions of the rectum	1.75	10	0
24	HEMORRHOIDAL APPLICATOR—⅝″ diameter	.75	4	0
25	HEMORRHOIDAL APPLICATOR—¾″ diameter	.85	5	0
26	HEMORRHOIDAL APPLICATOR—1″ diameter	1.00	6	0
	These three Applicators, as the name indicates, are for the treatment of Hemorrhoids and Piles. Per set	2.50	12	3

DENTAL APPLICATORS

27	CATAPHORETIC APPLICATOR—Insulated—Type "A" for front teeth is purposely designed to facilitate the application of chemical solutions used in the Dental profession into the tissue	2.00	12	3
28	CATAPHORETIC APPLICATOR—Insulated—Type "B" for back teeth—is for a like purpose applicable to the back teeth. This Applicator may also be used on the front teeth	2.00	12	3
29	DENTALOCAL APPLICATOR—Insulated, is particularly adapted to treat any local swelling or lesion of the gums	2.00	12	3
30	GUM MASSAGING APPLICATOR—Insulated, in addition to being valuable to the Dentist this Applicator is well adapted for home use. It strengthens, hardens and invigorates soft and bleeding gums being highly germicidal and antiseptic	2.00	12	3
31	PYORRHEA APPLICATOR—Insulated, the name of this Applicator indicates its use	2.00	12	3
32	DENTISTS' CAVITY APPLICATOR—Insulated, is properly designed for treating cavities and near fillings as this Applicator is entirely insulated except at the extreme point which prevents the current jumping from the stem to any metallic filling. This Applicator is also nicely adapted to treat small areas and cavities	2.00	12	3

No.		Price	s.	d.
35	PROSTATIC APPLICATOR—Insulated, designed to facilitate the treatment of Prostatic Ailments	2.00	12	3
36	PLAIN RECTAL DILATOR ⅝" diameter	.75	4	0
37	PLAIN RECTAL DILATOR ¾" diameter	.85	5	0
38	PLAIN RECTAL DILATOR 1" diameter	1.00	6	0
	These three Applicators have a particular value in the treatment of Constipation. Per set.	2.50	12	3
39	RECTAL DILATOR — Insulated, ⅝" diameter	1.50	8	3
40	RECTAL DILATOR — Insulated, ¾" diameter	1.75	10	0
41	RECTAL DiLATOR — Insulated, 1" diameter	2.00	12	3
	Under certain circumstances the Insulated type is preferable. Per set	4.00	24	6

STERLING FARADIC ELECTRODES

All parts and Cords are Interchangeable.

No.		
50	Comb Electrode	$1.25
51	Hair Brush Electrode	3.50
52	Wrist Electrode	1.25
53	Large Handle Sponge Electrode	1.25
54	Single Cylinder Massage Electrode	1.70
55	Double Cylinder Massage Electrode	5.00

This roller Electrode is particularly designed for localizing the application. The current passes from one roller to the other instead of thru the body and so it affects only the places that come into direct contact with the body. The rollers are attached to an insulated bridge which is connected to the handle by a swivel joint. It has two binding posts for attaching the cords.

No.		
56	Foot Plate Electrode	$0.75
57	Hand Sponge Electrode	1.25
59	Cords with Tips, per pair	.75
60	Cylinder Hand Electrodes, per pair	.75
61	Carbon Cylinder Electrode	1.25

This Electrode was designed by a dermatologist for bleaching the face, but may be used in any treatment where a non-corrosive electrode of this shape is suitable. Size 5x3½".

NOTE:—Besides the above we make many Applicators of Special design and are prepared to furnish them for anyone on short notice.

PRICES OF PARTS

Dr. Noble M. Eberhart's Manual on High Frequency—Explanation, Operation and Treatments for 200 Diseases, 324 pages, 60 Illustrations	$2.50
Violet Ray Instruction Book	1.00
Extension Cord, sections 6 feet long, equipped with plug and socket for attaching to lamp socket	1.50
Extra lengths of cord, 10c for each additional foot.	
Regular Equipment Case with provisions and clamps for the Generator and Applicators	3.50
Professional Equipment Case with provisions and clamps for the Generator and extra Applicators	5.00
Battery case of metal, hermetically sealed, containing 30 dry cell batteries	15.00

Always buy from your nearest Dealer where possible. If you can't locate, write us and we will see that you are promptly and satisfactorily served.

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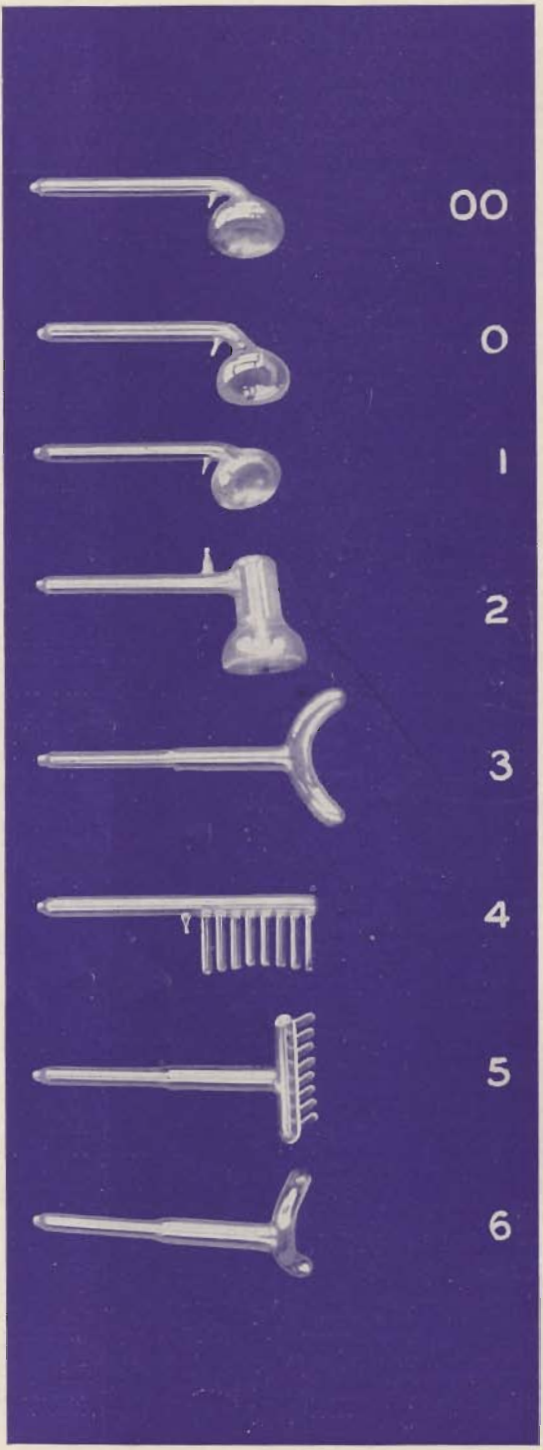
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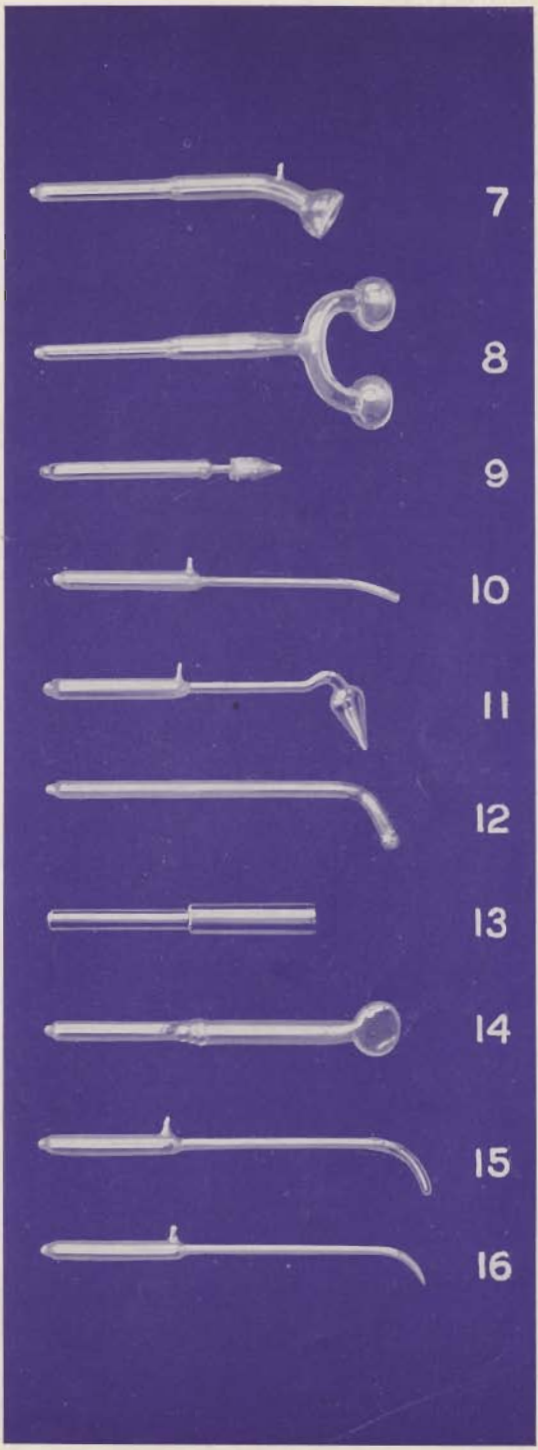
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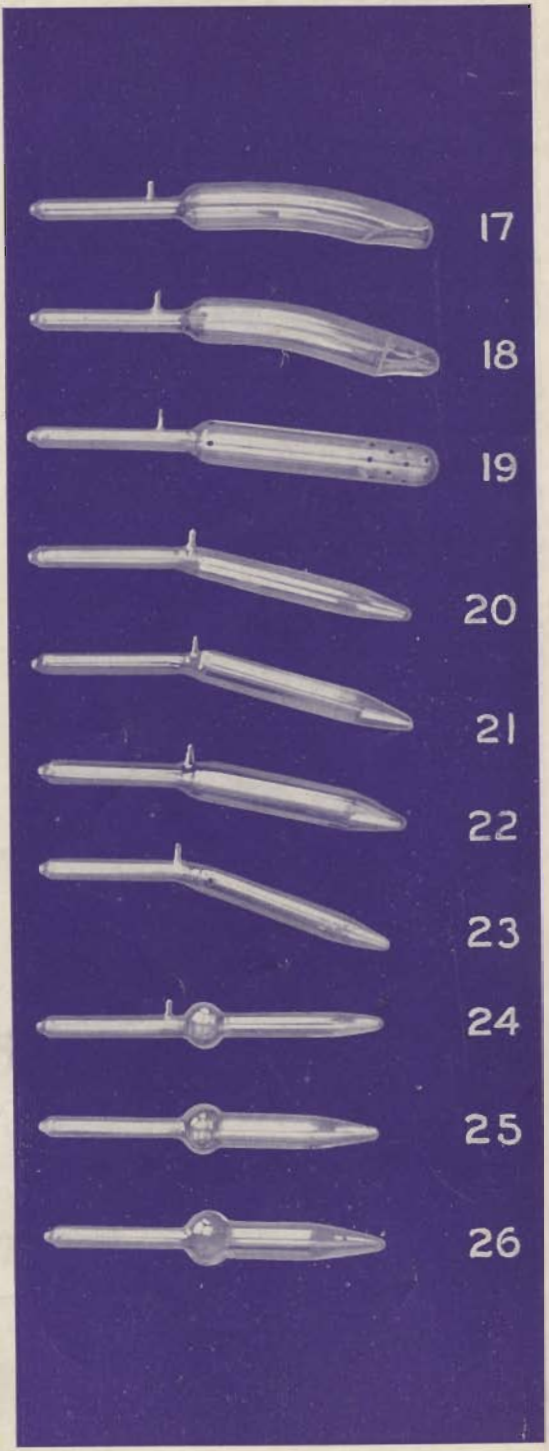
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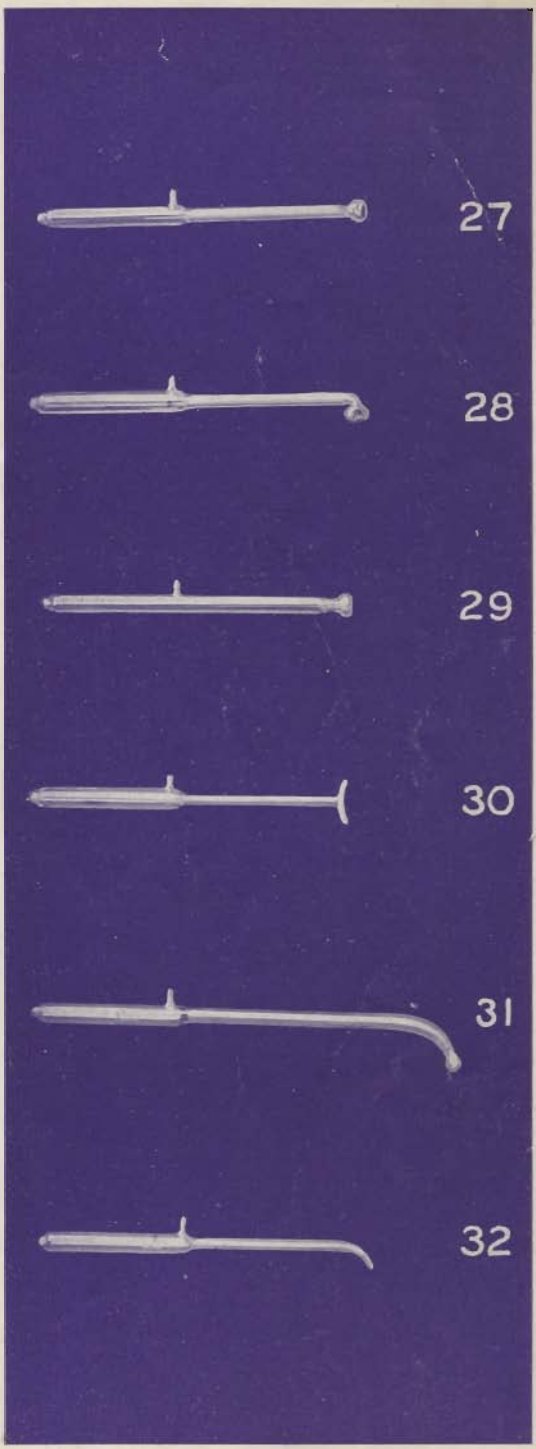
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